

# Suggested Hikes, Rides and Paddles!

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## Wompatuck State Park

204 Union Street, Hingham, MA 02043, (781) 749-7160

To help you plan your visit to DCR's Wompatuck State Park, we offer the following suggested experiences that we think you might enjoy.

- **“Introductory”** are short and appropriate for most users, including families with children.
- **“Signature”** are recommended trail experiences. These may be longer or more difficult but highlight some of the best park features.

For a safe and enjoyable park experience please review the **Things to Know Before You Go** section at the end of this document. Download a map before you go:  
<https://www.mass.gov/doc/wompatuck-state-park-trail-map/download>

## Introductory Hike Health Heart Loop

**Trailhead:** From the Visitor Center Parking Lot off Union Street, **Lat/Long:** 42.217015, -70.861961

**Distance:** 1 mile loop **Difficulty:** Easy

**Brief Description:** Take the bike path to N12, then turn left on the Landing Strip to N11 and return to the Visitor Center. This easy trail will make you feel like you are deep in the woods, with the luxury of being on pavement. Perfect for beginners or those with strollers.

## Introductory Bike Ride Ride the Whitney Spur

**Trailhead:** Begin at the Campground or Visitor Center **Lat/Long:** 42.217015, -70.861961

**Distance:** 9 miles round trip **Difficulty:** Moderate

**Brief Description:** Start at the Campground (or the Visitor Center Parking) and bike various loops on the paved paths to the Whitney Spur Rail Trail and back. Add a stop at the Aaron River Reservoir or one of the other park ponds or rock outcrops.

## Things to Know Before You Go

- **Time, distance, difficulty.** The average hiker pace is estimated at 1.5 miles per hour. Most distances are round-trip. Plan conservatively, start early. Be aware of weather and sunset. Trail difficulty ratings based on ruggedness and gradient are *easy*, *moderate*, or *difficult*.
- **Wear weather appropriate clothing**, layer for temperature changes. Bring sunblock. Wear appropriate and sturdy footwear.
- **Parking at trailheads.** [Parking fees](#) may apply. Space may be limited. Be courteous to avoid blocking in others. Do not leave valuables in your car.
- **Bring a map and share your plans with someone.**
- **Drinking water** may not be available on site. Bring plenty!
- **Stay on designated trails.** Follow painted blazes and signs if available. Generally, double blazes indicate an intersection or direction change.
- **Pace & group size.** Keep your group together; hike only as fast as your group's slowest hiker or rider. Limit your group size to 12 people or fewer to lessen impacts.
- **Carry-in, carry-out all trash and personal belongings.** Follow the Leave No Trace outdoor ethics. [More information here.](#)
- **Know which parks are pet friendly.** Dogs are not permitted in DCR Water Supply Protection areas (such as Quabbin and Wachusett Reservoirs) and certain state parks. Always keep your dog leashed, 10-foot maximum. Always pick up after your dog and dispose of waste properly. [Complete guidelines here.](#)
- **Be aware of hunting seasons.** Wear blaze orange when appropriate. [More information here.](#)
- **Wear a bicycle helmet** while biking. Riders age 16 and under must wear a helmet. It is the law. [More information here.](#)
- **Wear your PFD** while boating. A Personal Flotation Device (PFD), or life preserver, must be worn by boaters age 12 and under; and canoeists/kayakers from Sept. 15-May 15. [More information here.](#)
- **Stop Aquatic Hitchhikers.** Prevent the transport of nuisance species. Clean all recreational equipment. It is the law. [More information here.](#)
- **Be aware some trails may not be well marked, and some may not be identified on a trail map.**

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The Massachusetts Department of Conservation and Recreation (DCR) oversees over 450,000 acres of state parks, forests, beaches, bike trails, parkways, watershed lands,

and dams across the Commonwealth. DCR's mission is to: *Protect, promote and enhance our common wealth of natural, cultural and recreational resources for the well-being of all.*